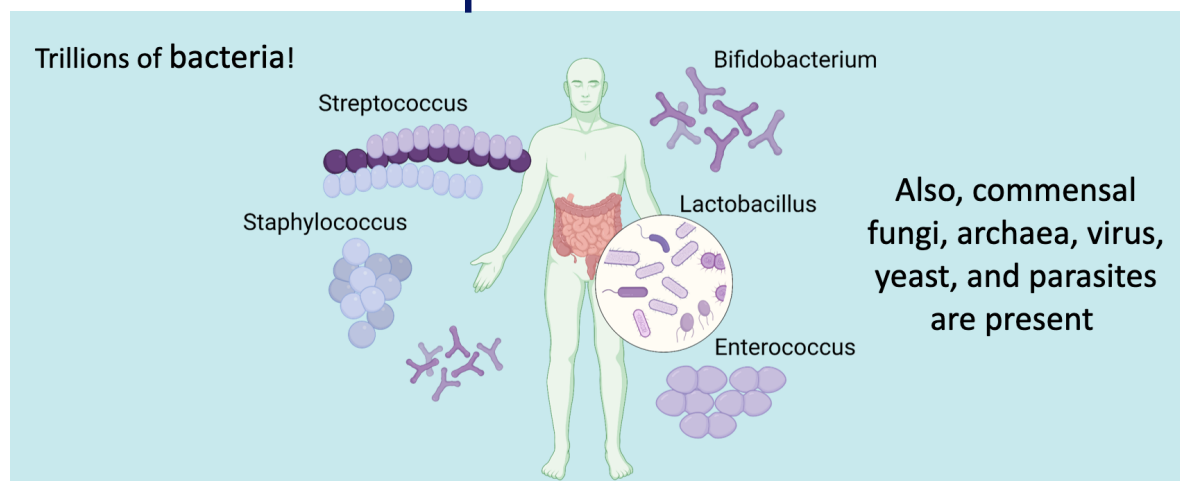




SUMMER SELF-CARE

Week 3 • July 7, 2021 • Breanna Metras, B.S.
Pros and Cons of Probiotics

What makes up the Gut Microbiome?



This week's takeaways

1. Probiotics are live microorganisms that, when administered in adequate amounts, confer benefits to health.
2. Probiotics are associated with reduced risk of cardiovascular disease, obesity, and type II diabetes.
3. Dehydrated bacteria in probiotics may not be the best option. While DNA is still present the research is unclear on whether this can impact the host microbiome.

